



# UPPER COLORADO RIVER INTERAGENCY FIRE MANAGEMENT NPS Colorado National Monument BLM Grand Junction and Glenwood Springs USFS White River and Grand Mesa National Forests



## Central Zone-Rifle Fire Station

Fitness is an important element of being a successful firefighter. The Work Capacity Test (WCT) is a condition of employment. You must pass this test your first day of work. You will receive further information on this requirement with your employment package. The test consists of walking with a 45lb vest over 3 miles of flat ground in 45:45 or less. Please review the link for further information on this Work Capacity Test.

[http://www.fs.fed.us/fire/safety/wct/2002/pack\\_test\\_info\\_sheet.pdf](http://www.fs.fed.us/fire/safety/wct/2002/pack_test_info_sheet.pdf)

Central Zone has a structured fitness program that is designed to increase your capacity to work and build resistance to injury. Our goal is to create fit firefighters that are ready for hard work in inclement weather conditions and can complete the required work without injury. In order to achieve this goal we ask our crewmembers and leaders to get ready for work physically long before their first day of work. Your preparation for the fire season will help you to be successful in your position. Please review the FIRE FIT website and if you have not already begun preparing yourself, now is the time. Please stay in communication with your future supervisor and talk about how to get ready. This FIRE FIT program is an excellent guide to help you begin and avoid injury while increasing your capacity. Please review the below link and report your achievements to your supervisor on a regular basis.

<http://www.nifc.gov/FireFit/index.htm>

Central Zone will electively be taking part in the BLM National Fire Operations Fitness Challenge. This is an opportunity to test yourself and set a goal to work towards. In order to take part in the fitness challenge, we will require you to prove that you have been preparing for it sufficiently. We are serious about preventing injury and will do everything we can to make sure you do not take on more than you can handle which often results in injuries. Please review the fitness challenge at this link. This opportunity will be given prior to June 18<sup>th</sup>.

[http://www.blm.gov/nifc/st/en/prog/fire/fireops/fitness\\_challenge.html](http://www.blm.gov/nifc/st/en/prog/fire/fireops/fitness_challenge.html)

Our success as a unit and your success as a firefighter depend on you being fit for duty and ready for the rigors of wildland fire management. I encourage you to communicate with us and we are here to help each one of you be successful.